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Figure 1. A schematic diagram of the experimental setup. The subject is seated in a chair, viewing a video screen. The video screen displays a target (a red dot) and a starting point (a black dot). The subject is instructed to move the hand from the starting point to the target. The video screen is connected to a computer system that records the hand position and the time taken to reach the target.

1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

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